PSJ17 Exh 94

Case: 1:17-md-02804-DAP Doc #: 2255-10 Filed: 08/13/19 2 of 4. PageID #: 353263

From:

Catherine Collier

To: CC: Castagno, Paula Beckhardt, Stacey

Sent:

10/2/2006 7:55:38 PM

Subject:

ACPA brochure, etc

Attachments:

Breakthrough Pain 9-20-06.pdf

Hi Paula,

Hope you had an uneventful and safe flight back to Philly. I drove Stacey to airport at about 85 miles per hour to assure that she did not miss her flightthink we cut it a bit short but the good news is we made it safely and she caught her flight.

In any event, as a follow up to our conversation on Friday, attached please find a copy of the ACPA brochure on BTP that Cephalon sponsored as part of the September Pain Awareness Month activities. This will soon be posted on their website homepage under the "News" section. In addition, they will be including it in every informational packet they send out. Once we have hard copy I will send you a few for your archives.

ACPA is also hosting a radio media tour tomorrow on breakthrough pain with Penney Cowan as the person with pain, and Dr. Knox Todd, Professor of Emergency Medicine

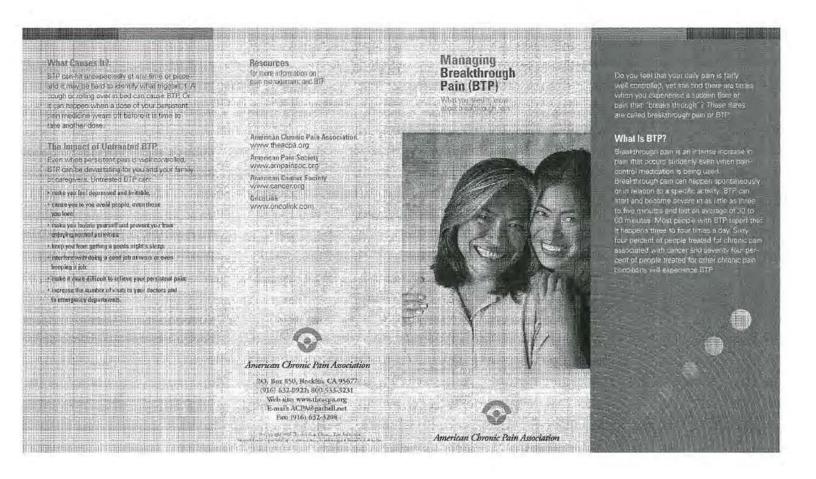
Director at Beth Israel Medical Center. If you are interested I can send you additional information on this as well.

Finally, I have an invoice for the \$60K that we discussed for activities related to launch (media montage, additional b-roll). I will fax it to you later today; please let me know if you need additional details added (e.g. budget estimates).

Thanks Paula,

Catherine





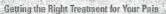
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Understanding Your BTP

The first step to soping with your BTP is to learn more about it. Keep a log of when it occurs and what you were doing at the time. Note your stress levels and state of mind, as well

Review your log every week to see if there are certain times of the day that BTP occurs You also may find that certain activities or feelings trigger your BTP. When you know more about what causes BTP you can begin to manage it better

Always take your log with you to your doctor appointments. Talk to your health care. provider about your concerns and fears. When your health care provider understands your issues, he or she can work with you to find a solution.



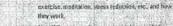
The key to relieving breakthrough pain is to learn why these flares of pain are different from the pain you feel all day. You can:

- Talk with your doctor about medication that might help during BTP episodes. When using pain medications for BTP, the goal should always be improved pain relief and
- . Ask your dactor about biofeedback training or stress man agement classes. Reducing stress may help you reduce the number of episodes of BTP you have or lessen their seventy
- . Understand what activities create BTP. Then you can pace your activities so you don't push yourself beyond
- · Learn when the pain menagement skills offered through the ACRA
- · Involve your family in your treatment plans

For many people with me pain who also experience BTP a logical treatment plan includes a pain medicine that can be taken ar regular simes around the clock to west postisten pain, plus a short-newing medicine to take when was need to relieve the rapid outer of a BTP flare. In addition, you can get involved in wanaging your pain by practicing relabation techniques. seering more realistic goals, paring yourself.

triggoing flare. Managing BTP is a group effort. Wirk with your health care team to find the merall treatment plan that's eight for you,

and asking for help when you need it to world.



another dose.

 List all the pain medicine you are taking, include over the counter medications, vitamins, and berbal sopplements. Include a list of all medications or other treatments you take for any other reason, as well,

Prepare for Your Next Dector Visit

· Note if there is a regular time during the day when your

List methods of pain relief you have fried, such as

persistent pain medicine doesn't last until you can take

- · List treatable conditions (persistent cough, nause). constipation, etc.) that you feel might be a source
- · Také your pain log with you.
- · Talk about activities your pain interferes with or the impact it has on your life.

Like all pain. BTP can be managed but you units play an active role to the receivery process by belowing part of the treatment warm. Working with your health rare learn, taking part in a perr support group, and learning as much as you our will help you make the maniflow from passes to person.







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